Cold and Flu

SYMPTOMS
The common cold syndrome is caused by one of many viruses. Symptoms of colds often include: sore throat, sneezing, cough, thick yellow mucous, stuffy nose and ears, sinus pressure around eyes, forehead and cheeks, headache and/or mild fever.

DURATION
Your body’s immune system usually clears up a viral infection within 7-21 days, but no two viruses are the same and each needs individual treatment based on your symptoms.

GENERAL SELF-TREATMENT TIPS
- Increase your fluid intake.
- Sleep 6-8 hours per night and rest between classes.
- Gargle with warm salt water to ease sore throat.
- Use humidified air for dry cough.
- Use nasal saline for sinus pain and pressure.
- Breathe warm steam to decrease nasal stuffiness.
- Avoid vigorous physical activity.
- Avoid alcohol, drugs, smoke and tobacco.

WHEN TO SEE A MEDICAL PROVIDER
- If your symptoms are severe or include difficulty breathing, wheezing, chest pain, severe headache not responding to medication, persistent sore throat or fever for more than 2 days.
- If symptoms are worsening after 7-10 days of supportive care.
- If you have chronic medical conditions or are on immunosuppressant medication, you may need an appointment earlier than others.

ABSENCES
If you are too sick to go to class, contact your professors directly. If you miss several classes, you should call the health center for advice on if an appointment is needed. The health center does not provide notes for isolated absences.

See reverse for OTC medications table and tips on preventing illnesses.
OVER-THE-COUNTER (OTC) MEDICATIONS FOR SELF-TREATMENT

Viruses cannot be killed by antibiotics; therefore, antibiotics are not prescribed to treat the common cold. Use the chart below to learn how to treat common cold symptoms:

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>SAMPLE BRAND NAMES</th>
<th>GENERIC NAME</th>
<th>DRUG CLASS</th>
<th>POSSIBLE SIDE EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Runny nose and sneezing</td>
<td>Benadryl®, Claritin®, Zyrtec®</td>
<td>Diphenhydramine, Chlorpheniramine, Doxylamine, Loratadine, Cetirizine</td>
<td>Antihistamines</td>
<td>Drowsiness, makes mucous thicker</td>
</tr>
<tr>
<td>Sinus pressure and nose/ear congestion</td>
<td>Sudafed®, Contac-D®</td>
<td>Pseudoephedrine, Phenylephrine</td>
<td>Decongestants</td>
<td>Insomnia, increased blood pressure</td>
</tr>
<tr>
<td>Body aches, fever, sore throat and/or headache</td>
<td>Tylenol®, Advil®, Motrin®, Aleve®</td>
<td>Acetaminophen, Ibuprofen, Naproxen</td>
<td>Pain reliever and antipyretic</td>
<td>Ibuprofen and Naproxen: risk for stomach ulcer, bleeding if prolonged use</td>
</tr>
<tr>
<td>Common cold symptoms</td>
<td>Cold-Eeze®</td>
<td>Zinc lozenges</td>
<td>Throat lozenges</td>
<td>Stomach irritation</td>
</tr>
<tr>
<td>Mild sore throat pain</td>
<td>Chloraseptic® spray/lozenge</td>
<td>Phenol</td>
<td>Throat spray</td>
<td>Short-term relief</td>
</tr>
<tr>
<td>Frequent cough</td>
<td>Robitussin DM®</td>
<td>Dextromethorphan</td>
<td>Cough suppressants</td>
<td>Nausea, drowsiness, restlessness, dizziness</td>
</tr>
<tr>
<td>Congestion and thick mucous/phlegm</td>
<td>Mucinex®, Robitussin®, Tussin®</td>
<td>Guaifenesin</td>
<td>Expectorant</td>
<td>Nausea, stomach upset, dry mouth; take with food and water</td>
</tr>
<tr>
<td>Nasal, sinus or ear congestion (caused by virus or allergies)</td>
<td>Flonase®, Nasacort AQ®, Nasarel®, Rhinocort®, Beconase®, Nasonex®</td>
<td>Fluticasone, Mometasone, Budesonide, Triamcinolone, Flunisolide, Beclomethasone</td>
<td>Nasal steroid spray</td>
<td>Nasal irritation, dryness, minor nosebleed</td>
</tr>
</tbody>
</table>

Please note that many cold products like Nyquil® and Dayquil® have combinations of antihistamines, NSAIDs, decongestants and cough suppressants. If you are affected by only one symptom, choose a single-ingredient medication for relief of that symptom.

PREVENTION

No matter how busy you are, taking care of your body will help keep your immune system strong and prevent illness.

- Wash your hands frequently.
- Avoid alcohol, drugs and tobacco.
- Keep your hands away from your face.
- Get the recommended amount of sleep.
- Avoid contact with other people who are ill.
- Eat a well-balanced diet with Vitamin C.
- When you sneeze, cover your nose and mouth with your sleeve or tissue — NOT your hands.
- Drink plenty of fluids.
- Clean and disinfect frequently used surfaces like phones, doorknobs and faucets.